

## Ringgold County

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### Community Health Needs Assessment Snapshot

#### Promote Healthy Behaviors

##### Problems/Needs:

- Tobacco Prevention of Use and Cessation; Per 2010 RCPH survey 19.7% of the 467 surveyed answered “this week” when questioned on the last time they used a tobacco product. This is higher than the state rate of 18.8% tobacco users (CDC). Per 2008 Iowa Youth Survey 31.3% of 11th graders reported cigarette use within the last 30 days. About 40 percent of American children who go to hospitals because of asthma attacks live with smokers - a high proportion, given that only about 21 percent of U.S. adults smoke, according to CDC statistics. Per IDPH 2009 estimates, 27% of WIC maternal clients smoke, but per RCPH 2010 survey data 44% of WIC clients smoke.
- Ringgold County is part of MH catchment area 14. The national Healthcare Professional Shortage Area (HPSA) determined that we are 2 professionals short with a score of 17. (per HRSA)
- No local substance abuse treatment or counseling program is offered within the community.
- No worksite wellness programs exist in Ringgold County
- Nearly 90% of MA JH/HS students agreed they would purchase a subway type of sandwich if it was available through school concession stand; Nearly 75% agreed they would purchase grapes through school concession stand. (Per MACS survey 2010)  
Only 10.5% of respondents to Ringgold County survey reported eating 5 or more servings of fruit and vegetables each day. 68% report eating fast food more than once a week. (per survey monkey survey RCPH 2010)
- 6% of those surveyed report spending money on gambling more than once a month. (per survey monkey survey RCPH 2010)  
24% report never using sunscreen. (per survey monkey survey RCPH 2010)
- Only 25% of those surveyed reporting getting ample sleep each night (7-9 hours). 89% report feeling stressed. 46% report feeling lonely. 33% report worry of losing job. (per survey monkey survey RCPH 2010)
- Less than 1% of K-6 students report drinking less than 8 ounces of pop per day and nearly 100% report drinking sugar-sweetened beverage daily. (per MACS survey 2009)
- Limited amount of paved walking trails (currently 2 trails for total of 1 ½ miles)
- Coronary heart disease mortality is greater than double the state rate (per IDPH IHITS)
- Per 2009 SFL student data at Mount Ayr Community School, 52 of the 282 students or 18.4% are classified overweight or obese.
- Low ratio of dentists to children in Ringgold County (1 to 900) per US Census Bureau
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## Prevent Injuries

### Problems/Needs:

- Elderly Fall Prevention Programming
- No suicide prevention or education programs exist in Ringgold County.
- 24% of those surveyed in Ringgold County reported they wore seatbelts part of the time or never. (76% reported they always wear.)

## Protect Against Environmental Hazards

### Problems/Needs:

- Lack of access to public wastewater treatment systems in cities of Ellston, Maloy, Redding, Delphos, Benton, and Beaconsfield.
- Lack of knowledge how to prevent and/or clean up mold in private homes and businesses
- Lack of knowledge with Time of Transfer rules.
- lack of knowledge in dangers of radon and how to test for it.
- Need to educate the public on well plugging, water testing, and well remediation program.
- Majority of rural homes in Ringgold County with septic systems not meeting code.

## Prevent Epidemics and the Spread of Disease

### Problems/Needs:

- Lack of access to family planning/STD prevention services for teens.

## Prepare for, Respond to, and Recover from Public Health Emergencies

### Problems/Needs:

- Lack of back-up staff for large scale public health emergencies ex. H1N1

## Strengthen the Public Health Infrastructure

### Problems/Needs:

- Lack of reliable transportation for low socioeconomic individuals.
- Increasing cost of health insurance for employees/employers.
- Lack of employers for those with disabilities and those without. Unemployment at 5% compared to state average of 4%. (per County Health Ranking Snapshot 2010)
- Higher than state average of children in poverty (24% compared to state level of 14%) (per County Health Ranking Snapshot 2010)
- Concerns of aging public health workforce and future need to recruit and train new staff.

## Community Health Improvement Plan

Goal	Strategies	Who is responsible?	When? (Timeline)
<b>Tobacco Use and Cessation:</b>  By February 2012, a minimum of 3 system or policy changes based upon Centers for Disease Control Mobilizing for Action through Planning and Partnership (MAPP) tools related to tobacco use and prevention will be instituted in Ringgold County.	1. Assure dedicated staff including funding for tobacco prevention and cessation efforts.	Ringgold County Public Health	FY 2011 and 2012
	2. Engage community coalition and partnerships in tobacco prevention and cessation efforts.	Ringgold County Public Health	Ongoing
	3. Utilize experts in the field of tobacco prevention and cessation to promote efforts and utilize best practices.	Ringgold County Public Health	FY 2011 and 2012
	4. Request systems and policy changes as per CDC best practices and strategies.	Tobacco Coalition members	FY 2011 and 2012

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<b>Public Wastewater Treatment</b>  By November 1, 2013, current Ringgold County unsewered communities including Delphos, Maloy, Benton, and Redding will have installed and maintain a functioning public sewer system.	1. Complete project engineering, assure funding, and obtain bids.	SIRWA	Spring 2011
	2. Construction of a low pressure sewer system with a two cell wastewater lagoon centrally located between the four communities to serve approximately 100 homes or businesses.	SIRWA	2013

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<p>Family Planning/STD Prevention</p> <p>By December 2011, increase community access points within Ringgold County for family planning and STD prevention educational materials and contraception beyond the current baseline of medical care providers/pharmacy.</p>	1. Educate community partners.	Ringgold County Public Health/Iowa Department of Public Health STD Division	By spring 2011
	2. Offer materials to community partners for display including brochures, fliers, and condoms.	Ringgold County Public Health/Iowa Department of Public Health STD Division	Through summer 2011.
	3. Follow-up to assure supplies remain adequate.	Ringgold County Public Health/Iowa Department of Public Health STD Division	Ongoing